

PED 121
Walk, Jog, Run

COURSE DESCRIPTION

Prerequisites: None
Corequisites: None

This course covers the basic concepts involved in safely and effectively improving cardiovascular fitness. Emphasis is on walking, jogging, or running as a means of achieving fitness. Upon completion, students should be able to understand and appreciate the benefits derived from these activities. *This course is approved to satisfy the Comprehensive Articulation Agreement for transferability as a pre-major and/or elective course requirement.*
Course Hours Per Week: Lab, 3. Semester Hours Credit, 1.

LEARNING OUTCOMES:

The student will be able to:

- Learn about proper fitness planning.
- Develop research techniques focusing on current topics relate to personal health.
- Broaden exercise options.
- Experience various training techniques.
- Develop an awareness of importance of a consistent exercise program.

OUTLINE OF INSTRUCTION:

- I. Introduction to jogging
 - A. Running style and clothes
 - B. How to train
 - C. Stretching
- II. Fundamentals
 - A. Injury prevention
 - B. Nutrition
 - C. Strength training
 - D. Dealing with temperature

III. Different track – workouts, timed and untimed

REQUIRED TEXTBOOKS AND MATERIALS:

None

STATEMENT FOR STUDENTS WITH DISABILITIES:

Students who require academic accommodations due to any physical, psychological, or learning disability are encouraged to request assistance from a disability services counselor within the first two weeks of class. Likewise, students who potentially require emergency medical attention due to any chronic health condition are encouraged to disclose this information to a disability services counselor within the first two weeks of class. Counselors can be contacted by calling 686-3652 or by visiting the Student Development Office in the Phail Wynn Jr. Student Services Center, room 1309.